

Posterior Labral Repair / Posterior Shoulder Stabilization Protocol

Sling should be worn for approximately 4-6 weeks per Dr. Driscoll's instruction. May remove for treatment. Patient may also remove sling for activities such as eating, writing, computer work, and personal hygiene. Please provide daily home program for each phase.

PHASE 1 (weeks 1-6): Goals - pain control, reduction of inflammation, gradual restoration of range of motion, maintenance of scapulothoracic function, & maintenance of cardiovascular health.

PHASE 1A (weeks 1-3)

- Remove sling three times per day for the following:
 - Active range of motion at wrist, elbow and hand
 - Scapular protraction and retraction, elevation and depression
- No glenohumeral ROM
- Squeeze exercise ball often
- Ice to control pain and inflammation
- Maintain cardiovascular health using walking or exercise bike

PHASE 1B (weeks 3-6)

- Continue phase 1A regimen
- Add pendulum exercises
- Add gentle passive forward elevation (limit 90°), abduction (limit 90°), internal rotation (limit 45°) and external rotation (limit 45°)
 - Avoid aggressive passive stretching, especially internal rotation/posterior capsule
- Initiate periscapular isometrics
- Lower extremity and trunk exercises (no bouncing)

PHASE 2 (weeks 7-12) Goals - restoration of range of motion, strengthening of shoulder and scapular stabilizers, and general conditioning.

PHASE 2A (weeks 7-9)

- Add active and active-assisted ROM
 - Avoid aggressive passive stretching, especially with internal rotation
- Initiate isometric strengthening
 - Isometric abduction, internal rotation and external rotation with the arm at the side
- Continue lower extremity and trunk exercises
- Jogging now allowed
- No throwing

PHASE 2B (weeks 10-12)

- Add theraband strengthening for rotator cuff, deltoid, scapular stabilizers, biceps, and triceps
 - Protect posterior capsule

- No overhead work

PHASE 3 (Months 4-5) Goals - Pain-free full ROM, improve muscular strength and endurance, improve dynamic stability, and begin sport-specific training.

- Progress ROM as tolerated toward full pain free ROM
- Advance strength training per patient goals
- Sport specific drills: easy tossing, swing bat, dribble and shoot
- No contact sports

PHASE 4 (>5 months) Goals – Pain-free full ROM, normalized strength, return to sport or activity program.

- Continue strength training
- Advance sport specific drills
- Return to play when motion and strength are normal and cleared by physician

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